

Household Hints — WOMAN'S REALM — Latest Styles

Caroline Chatfield Says Today

Woman Deserts Her Husband Twice and When He Is About to Divorce Her to Marry Another She Appeals to Him to Take Her Back. Is He Duty-Bound to the Mother of His Children?

DEAR MISS CHATFIELD:

I married a beautiful woman and was deeply in love with her. We got along swell for ten years and then trouble brewed. We disagreed about everything. She was not satisfied with my position and always complained that I could do better if I would. Things got to a pretty bad state and she left me, going back to her mother. The children were not grown and with the help of the oldest daughter I managed to keep the home together. My daughter married and continued to live with me. About this time my wife, thoroughly homesick, asked to come back. After a few years of the same old nagging and quarreling, she left me again. In the meantime I have met a very lovely young girl much younger than I and she is ready to marry me. I have the same old problem with my wife. She is anxious to try it again. She is sure we can make a go of it. My divorce suit is filed and I am hesitating before I make my decision as to whether to let it go on or to withdraw it. My wife has long since killed every spark of affection I once had for her and it is only a fear that I may be duty bound to her that holds me up. Can you help me?

HUSBAND.

ANSWER:

As beguiling as the young girl looks to your middle-aged eyes, you cannot be happily married to her unless you are able to satisfy that still small voice of conscience that pricks you at the mere thought of divorcing the woman who bore your children and made a happy home for you in your youth. Certainly she has forfeited any claim she once had on your affection by twice deserting you. She has demonstrated that she is as unstable as water and as mean as a gopher; that she is incapable of standing by any decision she makes. Yet if the memory of the old marriage vow is tugging at you and the recollection of the old promise "until death do us part" is tearing at your heart, you dare not disregard these warnings.

Of course there are plenty of men who put off the old and on the new with no thought of anything but their momentary pleasure. You are evidently not one of these or the worrisome questions wouldn't occur to you. There are people who believe that when marriage becomes irksome it is high time to dissolve it, no blame attached to either party. You are evidently not one of these or the sense of being duty bound wouldn't haunt you.

You must make your own decision; and a hard one it is too, with three hearts and lives involved directly and others involved indirectly.

CAROLINE CHATFIELD.

DEAR MISS CHATFIELD:

I have been engaged for two and a half years. Now that the time for marriage has come my fiancé has decided to marry another girl. He has recently re-married and wants him to take his baby so he wants us to "adopt" her as soon as we are married. Do you think a girl can be happy with another woman's baby in her home? I dread the gossip and though I love this man dearly I feel much like breaking my engagement to him. Please give me your advice.

M. F. J.

ANSWER:

Dear child, if you can meet that test, surely you will bind the man to you with bonds that can never be broken. But—your mum's shut your eyes to the facts. Regardless of the tale you tell, you must face the possibility of the truth's coming out—it always does, sooner or later. If fear of this is going to poison your mind, you can't have many comfortable hours now can you be a good wife to the man who has involved you in this triangle.

If you are jealous by nature and are going to be unhappy over the constant reminder of his former experience, which the little one's presence in your home will be, there cannot be a happy home life. It would be cruel indeed to bring a child into a situation of this sort. For no matter how conscientious you may be, you won't have will-power to do a good part by the innocent little one.

If you find her winsome and attractive and can take her to your heart without visiting on her any irritation you may feel toward her father, then you may safely go ahead and adopt her.

Your fiancé's request is certainly an indication that he regards you as bighearted, tolerant and forgiving. If you can meet it, you are all of this and more.

CAROLINE CHATFIELD.

Problems of general interest submitted by readers will be discussed in this column. Letters unsuitable for publication will be answered personally provided they are accompanied by a self-addressed envelope. All names are held in confidence. Write Miss Chatfield, in care of this newspaper.

How To Keep Well

By DR. WILLIAM BRADY, M.D.

(Signed letters pertaining to personal health and hygiene, not to diagnosis or treatment, will be answered by Dr. Brady if a stamped self-addressed envelope is enclosed. Letters should be brief and written in ink. Owing to the large number of letters received only a few can be answered in this column. No reply will be made to queries not conforming to instructions. Address Dr. William Brady, National Newspaper Service, 326 West Madison Street, Chicago, Ill., or care of Waterbury Democrat.)

DON'T NURSE THAT PAINFUL SHOULDER

Various names are given to lame shoulder. Subdeltoid bursitis, subacromial bursitis, calcification of the supraspinatus tendon, periarthritis, sprain, strain and eke ye rheumatism. If pain is felt down the arm wisecracks are likely to assume it is neuritis.

In perhaps one-third of the cases the origin of the trouble is a definite injury of the shoulder. In another third the symptoms develop gradually, without apparent cause. In the remaining third patients report that the lameness began with some over use of the arm or some unaccustomed effort, such as "washing windows," "throwing a snowball," "painting the ceiling," "spading the garden," "polishing the car."

The pain in or about the shoulder is at first sharp and stabbing with certain limited movements, and even when the patient tries to rest at night it may be so painful that a shot of morphine or something is pretty darn welcome relief. I'm telling the world. Pain continues more or less constantly for days. With the pain there is increasing stiffness or limitation of motion in the shoulder, because movement induces pain.

If not properly treated at this acute stage the trouble is likely to drift into a chronic disability of the shoulder which cripples the victim more or less.

Röntgenograms reveal calcium deposits in the bursa or in the supraspinatus tendon in about one-third of all cases after two or three weeks. The presence of such calcification seems to have no particular relation to the symptoms or to the treatment. The calcified area may show in the X-ray picture long after the patient has recovered or it may disappear long before the shoulder disability has been cured.

Best treatment appears to be complete rest of the shoulder, not

merely in splint or sling, but in apparatus to hold the arm abducted and externally rotated and with moderate pull maintained on the arm. This must be continued for several days. In this stage cold applications or ice bags on the shoulder give more relief than heat.

After perhaps four or five days of this, the arm must be passively moved by the doctor, and now is the time when diathermy treatment is of great value. Daily the diathermy should be applied, for perhaps half an hour, followed by moderate manipulation of the arm by the doctor. This manipulation is bound to hurt a bit, but better a little discomfort now than a stiff and useless shoulder for life. Day by day the extent of movement (abduction and rotation) is increased, until in a month or more the shoulder is nearly as mobile as the well shoulder. Meanwhile the patient carries on regular exercises daily, as instructed.

In neglected cases it may be necessary to put the patient under anesthesia and carefully free adhesions before the physical therapy is instituted.

QUESTIONS AND ANSWERS

Fasting

Is it scientifically established that intelligent fasting occasionally is conducive toward good health and longevity? What is considered "overeating"? Eating as much as one wants? (S. C.)

Answer—One should fast only for specific purpose under medical advice. Overweight is the most common evidence of overeating. One should eat as much as one needs. What one wants and what the body requires are often quite different matters. For example, the common craving for excessive sweets, carbohydrates, which are easy to eat even when one doesn't need such food and is only handicapped by it.

The Color Impression

I gave a cheer when I found

Glorifying Yourself

By Alicia Hart

NEA Service Staff Writer
Girls who want to look fresh and lovely during the holiday season ought to begin right now to give their figures, hair and faces a little extra attention. Christmas and New Year's parties will be twice as much fun if you look slim in your evening gowns and if your skin is fresh and clear.

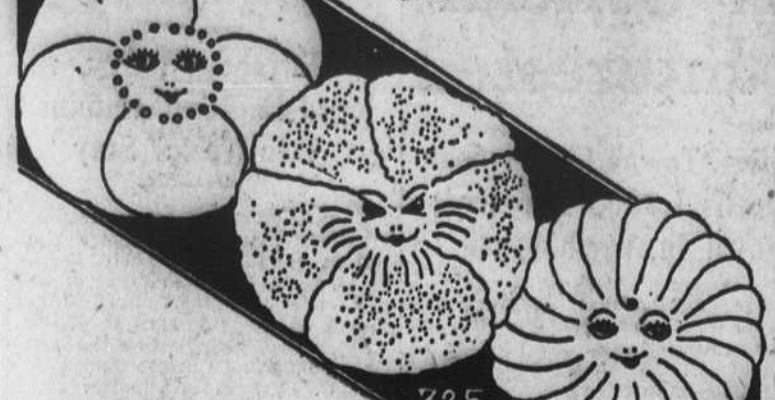
First of all, plan to concentrate on your figure. Decide how many pounds you want to lose and where you want to lose them. Then get busy with correct exercises and cut down on fattening foods. Take a brisk 30-minute walk each day. If you suspect that you will need a new permanent just before Christmas, start now with reconditioning treatments of hot oil massage and brushing. If you get your scalp and hair in healthy condition, the wave will be infinitely prettier and will stay in a good deal longer.

If your face looks dingy, better indulge in a weekly facial for the next month or two. If you can't get them from a professional, learn how to give them to yourself. You can use a prepared mask concoction or, if you like, any one of the excellent home-made preparations like egg and oatmeal.

You ought to start concentrating

POTHOLDERS IN FLORAL DESIGNS TAKE ONLY REMNANTS OF FABRIC

Here's a Christmas gift you can make for little or nothing. The odds and ends in your sewing scrap bag will provide the material and bits of floss in the embroidery box will do for the stitching. Use pieces of old blanket or a couple thicknesses of a discarded bath towel for the padding—and you have a set of potholders that will offer protection against the hottest pot on the stove. The flower design is cute, don't you think, and decorative?



All three flower faces are included in NUMO hot iron transfer pattern No. C325 that can be used for several stampings. Make the rose on blueish pink, if you have it; the pansy on orchid; and the sunny sunflower on yellow. The faces and petals are done in outline stitch and French knots.

Send 10 cents in stamps or coin (25 cents for three patterns), to READERS' SERVICE BUREAU, Box 166, Kansas City, Missouri. Be sure to state your FULL NAME, YOUR FULL ADDRESS and the number of the pattern wanted.

on enough sleep, too. Proper rest and exercise in the fresh air are two things that will help to make your hair shiny, skin clear and eyes

bright and sparkling for holiday celebrations.

NEXT: For creamy skins.

The GOLDEN FEATHER

by Robert Bruce

© 1935 NEA Service, Inc.

SYNOPSIS

JEAN DUNN delays her answer when BOBBY WALLACE asks her to marry him. At the Golden Feather night club she meets SANDY HARKINS whose business connection is vague. Sandy introduces Bobby and Jean to a MR. and MRS. LEWIS. Bobby sells a car.

LARRY GLENN, federal agent, is trailing WINGLY LEWIS, bank robber. He leaves about the bond transaction and questions Bobby. Larry believes the car Lewis bought is armored. Bobby undertakes to find out.

Jean agrees to a secret engagement with Sandy. The bank of which her father is president is robbed, and Larry starts a search for the robbers.

Jean goes to see Sandy who has been injured. He and the Lewises are staying at a farmhouse. She soon finds herself a prisoner. The whole party leaves the farm.

Meanwhile Larry has discovered Jean is with the robbers. He and his men reach the house where the gang is. From an upstairs window Jean sees Larry. He calls out and is answered by gunfire. Jean faints.

Now Go On With The Story

CHAPTER XLII

When Jean Dunn fainted, the last sounds she heard were the ear-splitting noises of a large-scale and sustained gun battle. When she emerged from her stupor, three or four minutes later, the sounds were still in her ears.

She lay on the floor of the bedroom, blinking at the darkness, as her senses returned. Someone had come into her room and was kneeling there, tense and motionless, for a moment; then his trigger finger moved, and the sharp rat-tat-tat of his weapon drowned out all the other noises.

Acrid powder smoke was on her lips and in her eyes, as she lay there dully watching. The night of your fine article on the antiseptic value of soap... relatives who are horrified when I insist on washing my child's cat scratches and abrasions with soap and water in preference to (a brilliant hued tincture) which they press upon me. They simply can't gainsay "O! Doc Brady"—who, I happen to know, is not so old as he pretends to be. (Mrs. R. D.)

Answer—Thank you, Ma'am. I still prefer immediate application of tincture of iodine for my own cuts, abrasions, etc. Soapy water is an excellent antiseptic solution for mouthwash, gargle, douche, or wet dressing on an infected wound. (Copyright 1935, John F. Dille Co.)

Up To The Minute Democrat Fashions

Pattern and Material for Xmas

By LAURA L. BALDT, A.M.

(For many years Assistant Professor of Household Arts, Teachers College, Columbia University, New York, N. Y.)

Give daughter the pattern and material of this simple to sew dress and believe me, she'll love any opportunity to wear a "really sophisticated" little dress like this one.

For wear in school, checked rabbit's wool, Scotch wool plaids, wool jersey, etc., will be nice.

Velveteen or crepe silk is adorable for "best."

Style No. 2746 is designed for sizes 6, 8, 10 and 12 years.

Size 8 requires 2 1/4 yards of 36-inch material with 1/4 yard of 35-inch dark and 3/4 yard of 35-inch light contrasting.

Send FIFTEEN CENTS (coin is preferred) for pattern. Write plainly YOUR NAME, ADDRESS AND STYLE NUMBER. BE SURE TO STATE SIZE YOU WISH.

Fall and Winter Fashion Book Costs TEN CENTS. Send For Your Copy Today! BOOK and PATTERN together TWENTY-FIVE CENTS.

Address order to (Name of Your Paper), PATTERN DEPARTMENT, 160 Fifth Avenue, New York, N. Y.

Waterbury Democrat, Waterbury Conn. Be sure to state size. Send your money and order to Pattern Department.



2746

Your Children

By OLIVE ROBERTS BARTON

A writer said recently that "self government and control were taking the place of old-fashioned protection of children." And I agree with her up to a point. That point is that we are TRYING to make it take the place of protection, because we must; but the end is not yet.

Nothing comes over night. No social change, that is. Everything is done for a reason. With the advent of the motor car and its wake of new-type entertainments, the old-style supervision was about as useful as an umbrella in a typhoon. In truth, however, after centuries of little social change, one might say that this new era did come overnight, finding parents unprepared—and still dazed and unprepared—scarcely knowing what to do next.

As it happens, I like young folk. Nothing is finer or lovelier than the budding girl. No one is grander than the boy in his teens. I am not a suspicious busybody who puts her glasses on wrong side front and sees the worst. Actually there is too much talk about the goings on of young people.

Hazards on Increase

However, there is this about it: no matter how fine they are the hazards of social life seem to increase rather than diminish. It isn't that parents don't trust their children so much as they fear for them. "Oh, mother, everyone does it. Everyone goes there." And mother says, "Yes," just because she does trust her child.

But what is ahead? What is the limit someday when "every one does it" and everyone goes there? She permits a dozen things now that she would not have dreamed of permitting half a dozen years ago. Yes, she has trained her boy and girl in honor and self-government, but youth has one weakness beside impulsiveness—a tendency to be led. To follow the leader at least.

So it seems wise to help out this self-control business with something else. Something as waiting for him to take her back to Dover. She said her hand on his wrist and said, "Larry, how about—"

He looked down compassionately. "How about Sandy?" he asked softly. "Sandy's on his way to the hospital. He was shot four times, and—" He hesitated, then decided that she might as well be told bluntly. "He's dying. I doubt if he'll live until he reaches the hospital."

Jean made no reply, but looked at him soberly. "Do you still care for him?" he asked, putting his arm about her shoulders. Her eyes met his without wavering, and she shook her head.

"No," she said evenly. "I don't think I ever did. I—oh, Larry, I was just insane, that's all—insane, I—"

She broke off abruptly, then added: "Of course, I—Larry, it's a shock to know that he's dying. Don't think I'm heartless. But the man I thought I cared for—"

"All over it?" said Larry. "Yes," she said. "If I can ever forget what a fool I was—"

"Never mind about that," said Larry. "I blame myself. I should have warned you, long ago."

"You tried to, but I wouldn't listen," she said. "I could have made you listen," he said. "Don't blame yourself too much. Blame me, too."

He helped her into the car, shut the door and went around to take his place behind the wheel. "We'll highball for Dover," he said. "Your father's there waiting for you, and you'll have a good long rest, and then—"

"And then," he said, smiling in the darkness. "I think I know a young man who'll be only too glad to help you try to forget about the whole business."

She stared ahead at the light of the auto lamps on the leafy road. "What do you mean?" she asked in a tired voice.

"Bobby Wallace, of course," he said. "I've forgotten any claim I ever had on Bobby."

Larry reached down and took her hand. "Tell me this, Jean," he said quietly. "Do you love Bobby?"

"The tears she had been unable to shed earlier that night came, now, in a blinding torrent. Through them, at last, he heard her cry despairingly. "Oh, Larry, of course I do. But he'll never want to see me again—and I'll never be able to look at him in the face—"

(To Be Continued)

FLAPPER FANNY SAYS:

Age 16, 5' 7", 107 lbs.



You're not likely to be skating on this ice when you're on roller skates.

Startling Wrap

old-fashioned as the hoop-skirt—convention.

Opinion Is Final Arbiter
And convention means nothing more or less than the opinion of other people. A good name depends on it entirely. It is not what one does but what people think one does that makes reputation. To be at the wrong place with the wrong person, innocent as all may be, may spoil a whole life. A whisper, a rumor, a chorus. It isn't fair but it is so. Tell them about it. Tell them not even to look wrong.

Unfortunately the boy is less easily smothered than the girl. To warn him of convention may not bear too much weight, but even he has to look out. What will he think when mothers of his girls prohibit him the house? How will he feel when nice people leave him out?

As for the girl, she should be told that "everyone" does not set eyes for eye with that careless jolly crowd of hers. That she cannot be entirely independent of old Madam Grundy's tongue. She may as well learn young that convention still rules reputation. (Copyright 1935, NEA Service, Inc.)

The Truth About Diet

TONS OF FOOD EATEN IN LIFE

BY DR. MORRIS FISHBEN

Editor, Journal of the American Medical Association, and of Hygiene, the Health Magazine

In his 70 years of life, a person will consume 1400 times his body weight; more than 200,000 pounds of material.

The amount of food that he eats in that time includes 6000 loaves of bread, three oxen, four calves, eight hogs, four sheep, 300 chickens, 75 geese, and 100 pigeons. If he does not eat pigeons, he makes up his meat requirement with something else.

Today's Health Question

Q.—Why are some people short and others tall? How can I increase my height?

A.—Apparently the size of most people is governed by their heredity. People who come from tall families are likely to be tall, and vice versa. The factors which regulate growth are in the glands, and the glands are part of the constitution that is inherited at birth. Certain diseases, however, interfere with growth of the bones, and hence, height. This use of vitamin D preparations, and plenty of calcium and phosphorus will overcome rickets.

The amount of fish taken will include 2000 large fish, 3000 sardines, flounders, and herring. He will eat about 8000 pounds of potatoes, 12,000 pounds of other vegetables, 14,000 pounds of fruit and drink 6000 quarts of milk.

If he is German, he will probably include 15,000 quarts of beer. He will take in also 12,000 quarts of coffee, 1000 pounds of salt, 5000 eggs, 8000 pounds of sugar, 2000 pounds of cheese, 10,000 quarts of water, and a lot of smaller delicacies.

This is a tremendous amount of food and nutriment. It is merely an illustration of the inexhaustible operations that go on constantly in the human body.

The average man who weighs from 140 to 150 pounds has 66 pounds of muscle; 29.3 pounds of internal organs; 27.3 pounds of skin and fat under the skin; 26.18 pounds of bones; and 3.3 pounds of brain.

But we should not consider living tissue as a mere collection of parts. Living tissue consists essentially of water, proteins, carbohydrates, fats and mineral salts.

On this basis, the body will contain 90 pounds of water, 30.8 pounds of protein, 14.4 pounds of fat, 7.7 pounds of minerals, and 1.5 pounds of carbohydrates.

The body cells are constantly being broken down and rebuilt to keep the human being in a living and healthful state. Food must be taken to repair this wastage, as well as to supply energy that the human being will use.

TODAY'S FASHION TIP

Jeanne Lanvin shows a formal evening suit with ankle-length skirt, a long, fur cape and a sleeveless blouse of white ermine.

Paris Styles

By MARY FENTRESS

Paris (UP)—Among the most striking afternoon dresses seen these days are the black crepes trimmed with luxurious yokes of gold or silver lame. They are worn with wide, ornamental belts and large bishop sleeves. The golden lame yokes are short, with the lame machine stitched in close, small rows. Other gowns have deep yokes of plain silver lame which dip lower in back than in front.

Almost all black dresses stress interest on collarettes and belts. Sometimes these are of golden metal in the form of looped fringe. Collarettes and belts often are in soft white feathers or again the decoration may be in bead embroidery.

Although afternoon dresses usually are seen in black crepe, exceptions are sometimes made in two-tone color combinations. One of the green with a twisted turtleneck collar of rust color and a twisted belt to match. An equally attractive combination is found in a deep, bright blue dress trimmed with magenta purple.

Another black crepe gown shows the color contrast in a touch of emerald green which is brought through the front corsage. The same color appears again in a line of emerald green which runs down the length of the Florentine sleeves into tight wrist cuffs.

ALPHA HI-Y CLUB LAY DANCE PLANS

The Alpha Hi-Y club, formerly the Crosby Hi-Y, completed plans for their eighth annual victory dance to be held Thanksgiving night at the Central Y. Mike DiVito and his orchestra have been engaged to furnish the music. Lucien Wolff and Joseph Shea, co-chairmen, have named their committees which will be headed by Raymond Cronan, Charles O'Connor and William Donovan. One of the fire alarms, was the principal speaker last evening. His experiences in that capacity were used as the nucleus of his talk.

Weakly air transport service will connect Manilla, P. I., and Faracale, center of gold mining in Camarines Norte.

Democrat's Home Service Booklets

ETIQUETTE FOR EVERYBODY

How well are you up on good manners and good form? Can you do and say the "proper thing" on all social occasions? For the most part, modern etiquette is based on common sense and consideration for others. A few basic rules, easily learned and remembered, may save many embarrassing moments. Get a copy of our Washington Bureau's 10,000 word, bound Booklet ETIQUETTE FOR EVERYBODY and spend a few minutes and keep yourself informed on modern manners and good form on all occasions. Fill out the coupon below.

CLIP COUPON HERE

Dept. B-104X, Washington Bureau, The Waterbury Democrat, 1013 Thirteenth Street, N.W., Washington, D. C.

Here is a dime, carefully wrapped; send my copy of ETIQUETTE FOR EVERYBODY:

NAME

ST. AND NO.

CITY

STATE

I am a reader of The Waterbury Democrat